Community Development Halton
Action: 905-632-1975

Halton Food Council
www.haltonfoodcouncil.ca

Holy Cross Lutheran Church
Community Gardens
Lakeshore Rd. & Walkers Ln., Burlington
905-637-2741

Milton Community Gardens
Ontario St. & Chiefs Dr.
905-878-2630

Oakville Community Gardens
Kingsford Gardens (East Oakville)
Lyons Lane Park (Central Oakville)
Shell Park (West Oakville)
905-845-6601 ext. 3076
www.oakville.ca

Time to Grow Community Gardens
North Burlington Baptist Church
Forest Run Ave. & Walkers Ln., Burlington
905-335-5808
www.nbbc.ca

School-based Food Programs

Active Chefs
A charitable organization dedicated to promoting the health and well-being of children. Programs offer experiential learning and engaging opportunities emphasizing healthy eating, nutrition, cooking skills, active living, daily physical activity, multiculturalism, diversity, family engagement and community building.
905-827-8830
www.activechefs.ca

Food4Kids
Burlington/Oakville/Milton
905-469-3113
www.food4kids.ca

HealthyFam
HealthyFam is a not-for-profit organization founded by a local chef. The mission of the program is to educate children, seniors and families on the benefits of healthy eating by providing experiential learning programs.
905-510-5905
www.healthyfam.ca

Student Nutrition Programs
Halton Food for Thought strives to facilitate a student nutrition program in every school, thereby improving the learning capacity, health and well-being of all children and youth in Halton.
905-315-6842
www.haltonfoodfortought.ca

Meals-on-Wheels
For people who need access to healthy, hot, prepared meals. Volunteers provide home delivery of nutritious hot lunches and/or frozen pre-packaged meals at reasonable costs.

Canadian Red Cross
Burlington: 905-637-5664
www.redcross.ca

Links2Care
Acton: 519-853-3310
Georgetown: 905-873-6502
www.links2care.ca

Milton Meals-on-Wheels
905-878-6699
www.miltonmow.com

Oakville Kiwanis Meals-on-Wheels
905-842-1413
www.oakvillemealsomewheels.com

Friendship Luncheon
Volunteer drivers offer transportation to a weekly lunch at wheelchair accessible locations. Some lunches are combined with a social outing or exercise program.

Halton Baby-Friendly Initiative
Up-to-date information on where to find local breastfeeding supports.
www.babyfriendlyhalton.ca

Halton Parents
Public health nurses are available Monday to Friday 8:30 a.m. – 4:30 p.m. to provide support and answer your questions about pregnancy, breastfeeding, child development or concerns about your child or yourself.
905-844-0252
www.halton.ca/haltonparents

Halton Prenatal Nutrition Program (HPNP)
A free year round program that offers weekly health support and education by a public health nurse and/or a registered dietician related to healthy nutrition, pregnancy, birth, breastfeeding, and parenting with an overall goal of improving the health of moms and their babies, particularly those facing challenging life circumstances.

Other Programs Providing Support with Meal Preparation/Delivery

Accalm Health - Halton
Provide home support that may include assistance with simple meal planning and preparation.
905-827-8800 or 1-800-387-7127
www.acalmhealth.ca

Links2Care
May provide assistance with grocery shopping as part of the Home Help Program.
Acton: 519-853-3310
Georgetown & Milton: 905-873-6502
Oakville & Burlington: 905-844-0252
www.links2care.ca

Healthy Eating Advice
EatRight Ontario
Provides easy-to-use, credible nutrition information to help make healthier food choices. Online articles, tips, meal planning advice and recipes are available for a wide range of topics, tailored to all age groups. Speak to a registered dietitian free-of-charge:
1-877-510-5102
www.eatrightontario.ca

Mothers and Babies

Halton Baby-Friendly Initiative
Up-to-date information on where to find local breastfeeding supports.
www.babyfriendlyhalton.ca

Halton Parents
Public health nurses are available Monday to Friday 8:30 a.m. – 4:30 p.m. to provide support and answer your questions about pregnancy, breastfeeding, child development or concerns about your child or yourself.
905-844-0252
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A free year round program that offers weekly health support and education by a public health nurse and/or a registered dietician related to healthy nutrition, pregnancy, birth, breastfeeding, and parenting with an overall goal of improving the health of moms and their babies, particularly those facing challenging life circumstances.

Additional supportive services include: transportation to program, a healthy meal each week, free childcare at program, vouchers to access prenatal vitamins, vitamins D for breastfed babies and a Halton Fresh Food Box consisting of locally grown fruits and vegetables.
905-844-0252
www.halton.ca/hpnp

In Halton
Burlington • Halton Hills • Milton • Oakville

.where to Get Food
halton.ca C 311

Supplementing your diet with local produce is an easy way to improve your health and well-being. Local fruits and vegetables are nutrient-rich and are often less expensive than imported produce.

Where to Get Food in Halton
Halton Region is committed to improving access to safe and nutritious food in partnership with Halton’s non-profit and community organizations. To learn more about the organizations listed in this guide, including their hours of operation, please contact the organization directly.

Food Banks
Acton Foodshare
Acton residents only
915-839-0457
www.actonfoodshare.com
Burlington Food Bank
Open to all Burlington residents
905-637-2273
www.burlingtonfoodbank.ca
Georgetown Bread Basket
905-871-3368
www.georgetownbreadbasket.ca
Kerr St. Mission
Oakville: 905-845-7485
www.kerrstmission.org
Milton Bible Church
905-825-3364 (Thursdays 5 p.m.)
St. Luke’s Anglican Church Palermo: 905-849-0567
(Tuesdays 1 p.m.)
St. Luke’s Anglican Church: 905-634-1809
www.stcb.ca

Food Banks

Salvation Army Khi Community Church & Family Services
Food Bank, Emergency Assistance, Christmas Assistance
Milton and Campbellville Food Bank
By appointment only
905-975-1022
www.khicommunity.com

The Salvation Army – Burlington Community and Family Services
Food Bank, Emergency Assistance, Christmas Assistance
Burlington residents only
905-637-3883
www.sally-ann.org

The Salvation Army – Oakville Community Church and Family Services
Food Bank, Emergency Assistance, Christmas Assistance
Oakville residents by appointment only
905-827-6523
www.salvationarmyOakville.ca

Emergency Food Programs
These programs distribute food or vouchers on a short-term or emergency basis. They are not set up to meet the food needs of individuals or families on a continuous basis. Many churches and places of worship offer a variety of services to neighbours in need. Search online or access your local telephone directory for a list of churches or places of worship in your area.

Acton Salvation Army
915-839-6510

Burlington Food Share
Burlington: 905-320-4442
www.burlingtonfoodshare.ca

Compassion Society of Halton
Burlington: 905-952-3722
www.compassionsociety.ca

Food4Kids Provides packages of healthy food for kids aged 0 to 18 years with limited or no access to food each weekend. Students are referred directly by their schools to ensure that the program is helping those who need it most. At the school, the package is placed in the student’s backpack.

Burlington/Oakville/Milton: 905-469-3113
Halton North: 416-992-3260

Food for Life 905-635-1106 ext. 221
www.food4life.ca

Food for Life
905-635-1106 ext. 221
www.ssvhalton.on.ca

The Salvation Army – Georgetown Community Church 905-877-1374
www.georgetowncommunitychurch.ca

Milton
Milton Bible Church: 905-675-3586 (Thursdays 12:30 p.m.)
Milton Gospel Hall: 905-878-0765 (Tuesdays 11:15 a.m.)

Oakville
Clearview Christian Reformed Church:
905-829-2242 (Tuesdays 12:30 p.m.)
Oakville Bible Church: 905-849-0567 (Wednesdays 1 p.m.)
St. Luke’s Anglican Church Palermo: 905-825-3364 (Thursdays 5 p.m.)

Kerr St. Mission
Oakville: 905-845-7485
www.kerrstreet.net

Open Doors at St. Christopher’s 642 Guelph Ln., Burlington 905-634-1809
www.stcb.ca

Safetynet Children & Youth Charities Provides 24 hour emergency help. Call to make an appointment.
Oakville: 905-845-SAFE (7233)
416-574-4581
www.safetynetservices.ca

Society of St. Vincent de Paul To find a conference in your area contact:
905-336-8332
www.svspontario.on.ca

The Salvation Army – Georgetown Community Church 905-877-1374
www.georgetowncommunitychurch.ca

Meals/Dinners
These programs provide meals and prepared foods. They are not set up to meet the food needs of individuals or families on a continuous basis. Many churches, places of worship and community centres offer prepared meals and dinners to residents and neighbours in need. Search online or access your local telephone directory for a list of churches/places of worship in your area.

Kerr St. Mission
Oakville: 905-845-7485
www.kerrstreet.net

North BurliNKton Community Group
northburliNKton@cdhalton.ca

Open Doors at St. Christopher’s 662 Guelph Ln., Burlington 905-634-1809
www.stcb.ca

Wellington Square United Church 2121 Catleline St, Burlington 905-634-1809
www.wsqchurch.ca

Budgeting Assistance These programs help individuals and families manage their household costs.
Halton Consumer Credit Counselling Service (Division of Thrive Counselling) A non-profit agency which provides assistance with budgets and debt management. 905-845-3811
www.thrivecounselling.org

The Women’s Centre of Halton Free income tax services, legal clinic and budgeting workshops to women living in Halton 905-847-5520
www.haltonwomenscentre.org

Pick-Your-Own Farms For access to local vegetables and fruits, please contact the following agencies or resources.
Harvest Ontario (Bright Light Communications) A non-profit organization which provides pick-your-own farms, road-side markets and farmer’s markets. is available annually.
416-588-3390
www.harvestontario.com

Ontario Berry Growers Association Provides a list of Ontario’s pick-your-own farms, road-side markets and farmers’ markets. is available annually.
613-258-4587
www.planborganicfarms.ca

Wellington Square United Church, Burlington 519-853-5610

Food Programs

For more information visit www.finding-food.com.

Community Kitchens
A community kitchen is a group of individuals or families that plan and prepare meals together. Many share large amounts of food which are divided into portions to take home or enjoy together at the kitchen.

Community Kitchen Wellington Square United Church, Burlington 905-632-9405
Open Doors at St. Christopher’s 662 Guelph Ln., Burlington 905-634-1809
www.stcb.ca

Community Shared (Supported) Agriculture These local farms sell fresh produce boxes socially. Contact the farm for more details.
Everdale Farm
Kerr street 1859 ext. 106
www.everdale.org

Plan B Organic Farm Organic food available in three box sizes. Flembrough: 905-659-2372
www.planborganicfarms.ca

Whole Circle Farm Vegetables available in various sizes. Erin: 919-856-1384
www.wholecirclefarm.ca

Food Box Programs A box of fresh fruits and vegetables may be purchased monthly at a reasonable price.
Halton Fresh Food Box Program 905-634-8645
www.haltonfreshfoodbox.com

Holy Cross Good Food Box Program Holy Cross Lutheran Church Lakeshore Rd. & Walkers Ln., Burlington 905-844-1109

Wanganui organic and Locally Grown Fruits and Vegetables Many box sizes available with delivery to your home in Halton.
1-877-926-4526
www.wanganui.com

For more information, please visit www.finding-food.com.

Burlington Mall Farmers’ Market
Burlington: 905-657-7777 Guelph Ln. 905-617-1227
www.burlingtonmallfarmersmarket.com

Centro Farmers’ Market
437 Brant St., Burlington 289-337-5755
www.centroarden.com/farmers-market

Dorval Crossing Civilian Farmers’ Market
Dorval Crossing (Oakville Town Centre parking lot)
200-240 North Service Rd. West 905-840-6400
www.oakvillecivitan.ca

Georgetown Farmers’ Market
Main St. South (downtown)
Contact: Georgetown BIA 905-873-4970
www.farmersmarketgeorgetown.com

Milton Farmers’ Market
Main St. between Martin St. & St. George St. Contact: Milton Chamber of Commerce 905-879-0581
www.miltonfarmersmarket.ca

Terra Winter Farmers’ Market
12800 Britannia Rd., Milton 905-876-4000
www.terrawinterfarmersmarket.ca

Community Gardens A community garden is a place where friends, families and individuals come together to grow their own vegetables and fruits in a shared space. For further information about community gardens please contact one of the following local organizations:

Burlington Community Gardens 289-983-6527
www.burlington.ca

For more information, please visit www.finding-food.com.

Farmers’ Markets For dates, times and details about all of these markets, please visit www.gofoodshareontario.com or www.harvestontario.com, or contact the market management below.

Dial 311
www.halton.ca/simplylocal

For more information, please visit www.finding-food.com.